

## A Winter Spare the Air Alert has been issued for Wednesday, November 26 throughout the Bay Area.

*EBMUD is a member of the BAAQMD Spare the Air Employer Program*

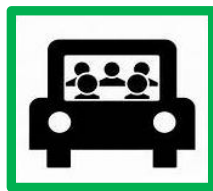


BAAQMD is forecasting tomorrow's Air Quality Index to be **unhealthy**, due to increased levels of particulate matter also known as PM, in the air from wood smoke. BAAQMD is banning all wood fires for the next 24 hours.

**PM** refers to microscopic particles in the atmosphere that, when inhaled, cause serious health effects such as asthma, bronchitis and lung disease, and is especially harmful for children and the elderly.

Help reduce the amount of air pollution and protect you and your family's health every day, both at **work** and at **home**, by doing the following:

- **Take transit:** Take advantage of the District's Transit Subsidy and save gas, money, and stress. Worried about needing to get home in an emergency? The District offers guaranteed rides home.
- **Walk or ride:** Walking or riding a bike to commute or run errands saves gas and money AND improves your health too!
- **Link your trips:** Is this a day that you have to be in the field or attend off-site meetings? Carpool to the site and group your site visits. When possible reschedule trips for a non-Spare the Air day.
- **Avoid engine idling:** Make an effort to reduce engine idling. Idling wastes fuel, money and affects your health.
- **Stay steady:** Minimize pedal and break changes with a steady speedometer and you can improve gas mileage by 33 percent on the highway.
- **Select safer products:** Use non-toxic, non-aerosol cleaning and beauty products to improve indoor air quality and protect your health.
- **Power down:** Reducing electricity use whether you are at work or home saves you money and protects the environment.



In the **winter** months additional health impacts are related to smoke generated from wood burning. During Winter Spare the Air events be advised that all wood burning is banned both indoors and outdoors for a full 24-hour period.



### How does wood smoke affect you?

- Smoke from wood produces fine particulate matter (PM).
- PMs are considered hazardous because they can easily penetrate the eyes and lungs.
- Studies show exposure to PMs can cause an increase in heart attacks and strokes; children's development of chronic respiratory diseases (ie: asthma); hospital admissions/emergency department visits for asthma attacks, coughing, wheezing and shortness of breath.
- Wood burning accounts for about one-third of the airborne PM in winter months.

Looking for more information? Please visit <http://www.epa.gov/pm/> and <http://sparetheair.org/>